Belt Test Requirements

Little Dragons (Ages 4-6)
Orange Belt
(Testing Orange to Green)

Physical Requirements:
1) ATTENDANCE
   A) Minimum of 20 classes
2) KICKS
   A) Push kick
   B) Back kick
   C) Jumping side kick
   D) All previous kicks
3) HAND TECHNIQUES
   A) High Punch
   B) All previous hand techniques
4) STANCES
   A) All previous stances
5) FORM
   A) Little Dragons Taeguk Yi Jang
6) BOARD BREAKING
   A) Push kick

Mental Requirements:
1) WHY DO YOU BOW?
   • To show respect. SIR/M'AM!
2) WHEN DO YOU BOW?
   • We bow when we enter/exit the school
   • We bow when we enter/exit the Dojang (training area)
   • We bow to the Masters
   • We bow to the Instructors
   • We bow to all other black belts and our fellow students
3) COUNT 11-20 IN KOREAN
   • Eleven – Yul hana
   • Twelve – Yul dule
   • Thirteen – Yul set
   • Fourteen – Yul net
   • Fifteen – Yul dasot
   • Sixteen – Yul yoset
   • Seventeen – Yul il gob
   • Eighteen – Yul yo dul
   • Nineteen – Yul ahop
   • Twenty - Sumul
4) KNOW AND SHOW RIGHT AND LEFT
5) KNOW WHAT PART OF THE FOOT IS USED TO STRIKE FOR EACH KICK.
   • Push kick – Bottom of the heel
   • Back kick – Bottom of the heel
   • Jumping side kick – Bottom of the heel